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## Fuel Economy in the Kitchen

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# Fuel Economy in the Kitchen

MIRIAM RAPP

**"D**OLLAR savers," "time savers," and "energy savers" are three things much sought for in the world today. Of these probably "dollar savers" is the one which is most realistic to the busy housekeeper as well as her husband.

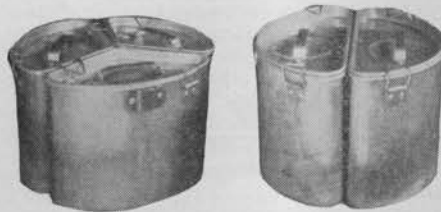
We stress clothing budgets and economy, food saving and economical buying and many other places for economy in the home but seldom do we hear a word about the economical use of a "cook stove"—a piece of equipment used on an average three times a day by every homemaker in the land.

The kind of fuel you use will depend largely upon what kind of fuel is available in your particular community or city. Coal and wood are old stand-bys but for a number of reasons, particularly because of the disagreeableness in handling and heat in using, most of us use some other type of fuel when possible. Kerosene stoves are commonly used in rural American homes. Gas, both natural and artificial, is now the fuel upon which people in many of our cities are depending for cooking purposes.

Fuel like our other natural resources will not last indefinitely, so in addition to our interest in economy of dollars and cents there is a still more important need of economy in the use of fuel for the preservation of our supply for future use.

How may we conserve fuel in cooking processes? Much fuel is lost by certain careless practices common to a great number of homemakers. A large amount of fuel would be conserved if homemakers could truthfully answer "yes" to the following questions:

1. Do you cover the vessel when boiling water or food? The process is completed in less time if you do—with of course the consumption of less fuel.
2. Do you light the burner of your gas or kerosene stove after the vessel is set on the burner?
3. Do you turn out the flame just before removing the vessel from the burner?
4. When water or food has commenced to boil do you turn the flame lower?



Fuel may be saved by using double-triple pans.

Water will get no hotter than boiling no matter how furiously it boils.

A flame which licks up around the sides of the pan is a wasteful one and should be avoided.

A clean burner is much more efficient than a dirty one besides saving the disagreeable task of cleaning the sooty utensils which often result from an unkept burner. The matter of regular and thorough cleaning of burners is of particular importance in using a kerosene stove.

Correct selection and use of utensils used in cooking is another method of saving

fuel. A utensil with the bottom surface near the size of the burner is more efficient than one much smaller than the burner. By using a cluster of three pans often called "clover leaf" sets, you may be able to cook on one burner what would ordinarily require the use of three burners. Sets of double pans can also be purchased.

With a little forethought in planning, a whole meal may be cooked in the oven, thus preventing the necessity of using both oven burners and surface burners for the same meal.

Some gas ranges and electric ranges are now being made with very well insulated ovens. Such an oven may be used as a fireless cooker since if unopened it retains the heat for some time after the burner has been turned off. Here again an oven cooked meal will be a fuel saver.

One of the manufacturers of gas ranges has incorporated the principles of the fireless cooker in a hood attachment over one of the top burners. This fireless hood or dome is very well insulated and when once heated retains the heat.

Girls in the Household Equipment course at Iowa State College found that by using a set of triplicate pans with the fireless hood attachment, they could prepare, with an expenditure of only 6.73 cubic feet of gas, the following meal for six people:

Rollad steak with vegetables  
Escalloped potatoes  
Brown Betty pudding.

The same meal required 20.95 cubic feet of gas when it was baked in the (Continued on page 23)

## When We Are Very Young

ANNA JOHNSON

**W**HAT would Christmas be to the kiddies without bright colored candies to delight them? Candy for the children should be simple, yet attractive. Fruits and candies which are not too rich and sweet may be made with a great deal of interest for the maker and real delight for the children.

One of the greatest delights for kiddies are little animals, made from Turkish Paste.

### Turkish Paste

Gelatin, 4 tbsp.  
Granulated sugar, 4 cups  
Salt, few grains  
Clove extract, ½ tsp.  
Powdered sugar, 1 cup  
Cold water 1 cup  
Boiling water, 1½ cups  
Lemon juice, 1 cup  
Coloring, yellow and red

Soak gelatin in cold water 5 minutes, then dissolve in boiling water. Stir in the granulated sugar and salt until dissolved and boil slowly 15 minutes, removing scum as it forms. For other variations divide the mixture in half; to (A) add lemon juice and yellow coloring; to (B) add clove extract and red coloring. Pour into shallow pans that have been

rinsed in cold water, to 1 inch in depth. Let stand until firm, unmold onto bread board dredged with powdered sugar. Cut into squares, and roll in powdered sugar. 1 cup nuts add variety to gelatin mixture.

Cunning animal shapes may be made by dividing the mixture into several parts, coloring each part differently, chilling in thin layers. After allowing it to become firm, cut in shapes, roll in granulated sugar and fasten pieces together with toothpicks to form odd shapes of animals.

Queer shapes of various kinds may be cut out, using cloves or drops of chocolate for eyes.

Another splendid candy for the little folks and very easy to make is Bran Brittle. Grown-ups like it, too, and it is good for them.

### Bran Brittle

Granulated sugar, 2 cups  
Brown sugar, 1 cup  
Light corn syrup, ½ cup  
Water, ½ cup  
Butter, ¼ cup  
Salt, ½ tsp.  
Bran, 1½ cups

Put the sugars, corn syrup and water

into a sauce pan and cook, stirring until the sugar is dissolved. Continue cooking without stirring until it forms a hard crack when tested in cold water, or 300 F. is reached. Remove from fire, add salt and butter and stir only long enough to mix well. Add bran and turn at once on a greased inverted pan or baking sheet. Smooth out with spatula. After about a half minute take hold of the edge of the candy and, lifting it slightly, pull as thin as possible. Break into irregular pieces.

Fruit candies are especially desirable for the family because they are healthier and add variety.

### Stuffed Prunes

For stuffing prunes use the smaller size, since the large ones do not look so well and are clumsy to eat. Wash the prunes and steam. For steaming, place in a collander or a coarse strainer over a kettle of boiling water. Do not let the water touch the fruit. Cover and allow steam to soften them for 5 or 10 minutes. They should be plump and tender, but not cooked. When cool enough to handle, remove pits and stuff with any of the following variations:

Ground or chopped mixtures of nuts

## Fuel Economy in Kitchen

(Continued from page 11)

oven with gas turned on for the entire cooking process. At the rate of \$2.00 per 1000 cubic feet of gas, this would mean a saving of \$0.028 in cooking this one meal or a yearling saving of \$10.30 if the same economy were practiced each day. This fireless hood attachment adds only about \$8.00 to the cost of the stove and would more than pay for itself in one year.

Pressure cookers reduce the amount of fuel on an average one-third for long process cooking. The average cost of a 12-quart pressure cooker is from \$20 to \$25.

It should be remembered that careful cleaning and thorough airing of fireless and pressure cookers are very essential practices for good flavored foods.

A small amount of fuel saved each day, which means a much large amount saved in a year, will result from the practice of efficient methods in the use of the stove or in using some fuel saving equipment in cooking processes.

Hec: "Are Vet courses hard?"

Yet: "Not so very. The other day one of the instructors took up a lot of time explaining why you mustn't ever crawl under a mule to see why it doesn't go."

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